

Diabetes Healing Recipes

pH Miracle Recipes by Dr Robert & Shelly Young

This E-book provides the secret to putting the Diabetes-Reversing Breakthrough plan into action: delicious recipes for alkaline food. Understanding why it is important to stop eating acidifying foods, and wanting to do so, is all well and good, but then the question remains: what are you going to eat? Look no further for the answer. And: get your taste buds ready for a treat. They may be dulled currently to the exquisite wonder of nature's bounty, but soon after you switch over to this way of eating they'll be alive to every natural, wholesome flavour it has to offer.

Shelley Redford Young – my wife – put together the following recipes, and I think you'll be as glad as I am that she is such an original talent in the kitchen. (And, she'd want me to tell you, she never much cared for cooking before we went alkaline, so rest assured there are plenty of quick and easy recipes here, and plenty your family will love.) Shelley developed many of the dishes here, but also included are some of the results of a recipe contest we held. Who knew there were quite so many alkaline chefs out there, building their own better meals? She and I both want to thank and honor all those who have shared their creations in this way.

In this manual, you'll find sections for Drinks and Shakes; Soups; Salads; Dressings, Dips and Sauces; Entrees/Side dishes and Snacks/Desserts. Recipes marked with an asterisk (*) are suitable for use in a liquid feast.

Healing Foods:

Buckwheat - The nutrients in buckwheat may help control blood sugar. In a test that compared the effect on blood sugar of whole buckwheat groats to bread made from refined wheat flour, buckwheat groats significantly lowered blood glucose and insulin responses. Whole buckweats also scored highest on their ability to satisfy hunger.

Cinnamon - In addition to containing manganese, iron, fiber and calcium, cinnamon also has potent anti-bacterial, anti-clotting, and anti-cancer properties. What's more, just one-half teaspoon a day of cinnamon has been shown to reduce LDL cholesterol, alleviate arthritis pain, fight yeast infections and regulate blood sugar.

Basil - A powerful anti-bacterial, oil of basil has been found to fight several pathogenic bacterial infections that have become resistant to antibiotic drugs, including Staphylococcus, Enterococcus and Pseudomonas. Basil additionally normalizes blood sugar levels, prevents insulin resistance, protects cellular structures from radiation, and promotes cardiovascular health.

DRINKS AND SHAKES

Many of these drinks and shakes can serve as a complete meal. They enter the bloodstream quickly and give the greatest amount of concentrated nutrition and energy with the least amount of digestive stress of anything you could eat.

The Raw Perfection Morning Monster Juice. Serves 1-2.

(donated by Mike Nash)

This is great when you need something that's gonna stick with you until mid-day; the fat will help you feel full. Besides providing that fat, the avocado is the key to the creaminess of this smoothie.

- 1 package (bunch) kale
- 1 head of celery
- 1 lemon
- A handful of spinach leaves
- 1 avocado
- 1-2 scoops of green powder
- 1 chili pepper

Put kale, celery and lemon through juicer, then combine in blender with remaining ingredients.

AvoRado Kid Super Green Shake*. Serves 1-2.

This is by far our favorite cool green shake, and we've enjoyed it for breakfast, lunch and dinner, or anytime we want a snack. It's a great way to get the concentrated nutrition and chlorophyll of green powder and soy sprouts powder (and an especially great way to get it into your kids). The cucumber and lime cool the body, and the essential fats in God's great butter, avocado, and the soy sprouts make this shake one that you can burn on for many hours.

- 1 avocado
- ½ English cucumber
- 1 tomatillo
- 1 lime (peeled)
- 2 cups fresh spinach
- 2 scoops soy sprouts powder
- 1 scoop of green powder
- 1 pkg. stevia
- 6-8 ice cubes

Blend in a blender on high speed to a thick, smooth consistency. Serve immediately.

Variations:

- * Add 1 tsp. of almond butter for a nuttier flavor.
- *Add coconut milk or fresh silky almond milk for a creamier shake.
- *Make a parfait by layering the shake with layers of dehydrated unsweetened coconut and sprinkle some of the coconut on top.
- *Substitute a grapefruit or lemon for the lime for a different taste.
- *add 1 TB fresh grated ginger
- *Add some seasonings that are bottled in oil (without alcohol) for a new exciting twist of flavor.

In the summer, freeze AvoRado Kid into pops for a cool frozen treat. You can also completely freeze and then partially thaw small portions of the shake, then chop it up to enjoy as a slush.

Very Veggie Shake. Serves 1.

(Donated by Parvin Moshiri)

- 1 c. distilled water
- 3 tablespoons of flax seed oil or olive oil
- 2 small cucumbers, sliced
- 1 cup spinach
- 2 avocados
- 1/3 head of Romaine lettuce
- 1/2 cup Broccoli
- 1/4 cup cilantro
- 1/4 cup parsley
- 2 stalks of celery cut into pieces
- 1/8 cup fresh mint leaves (or 1 tsp. dry)
- 2 medium limes or 1 lemon
- 1/8 cup fresh dill (optional)

Place water in a blender then add oil. Turn blender on (low speed) and add remaining ingredients one at a time. When everything is chopped up, turn up blender to “liquefy” (high speed) until you get a beautiful smooth and creamy green shake.

Zesty Lemon Ginger Shake. Serves 1.

(Donated by Karen Rose)

This refreshing shake can help raise blood sugar levels quickly.

- 1 lemon, peeled and chopped
- 2 T chopped fresh ginger
- 1 avocado
- 1 small cucumber
- 1-2 teaspoons Soft tofu

Mix all ingredients together in the blender until creamy (add water if necessary for desired consistency).

Variation:

To make this higher in protein as well as even more lemony, add:

- 1 lemon or lime
- 2 scoops soy sprouts powder
- 1 scoop green powder
- 2 pkg stevia (with fiber)
- 1/4 c soft tofu
- 6-8 ice cubes

Paul's Breakfast in a Blender. Serves 1.

(Donated by Paul A. Repicky, Ph.D.)

This is a *chewy* sort of breakfast (or anytime) shake which will keep you going for hours.

- 1/2 large, non-sweet grapefruit (or, 1 small one), outer layer of rind peeled off (the white inner rind is quite nutritious) and core and seeds removed

handful of sprouts (alfalfa, or clover, or other)
handful of fresh spinach
1/3 c fresh ground flax seed
1-2 Tbs. UDO's Oil
2 cups of chopped broccoli
½ cup of chopped cucumber
1 ½ cups water

Mix all ingredients in blender on medium speed (or higher if you like it smoother).

Adjust quantities to taste; this usually makes 32-34 ounces.

Minty Mock Malt. Serves 2.

(Donated by Matthew and Ashley Rose Lisonbee)

½ English cucumber
juice of 1 lime
juice of 1 grapefruit
1 avocado
1 cup raw spinach
½ can coconut milk
1 t green powder
2 t soy sprouts powder
8-10 drops pH drops
2-4 sprigs for fresh mint leaves or ½ t mint flavoring (no alcohol) (Frontier brand)
14 ice cubes

Combine all ingredients in a blender and blend to desired consistency.

Variation: leave out the ice cubes, and freeze malt into pops.

Chi's Green Drink. Serves 2.

(Donated by Jill Butler from her friend, Chi)

1 head Romaine or Boston lettuce. Use the greenest leafy parts, omitting the really light green stems if you wish.

3 cloves of garlic
1 lemon
¾ cup water
½ cup olive oil
1 piece of cut fresh ginger (optional)
dash of sea salt
dash of cayenne pepper
a combination of all or one or none of the following:
basil leaves
parsley
watercress (leaves only)
1 cucumber, peeled
a little steamed broccoli
(or use whatever combination of green veggies you like. Experiment!)
Blend in blender until smooth.

Carrot Crunch. Serves 1.

(donated by Randy Wakefield)

This helps raise low blood sugar.

1/2 t green powder
7 drops pH drops
1 cup fresh carrot juice
1 chopped carrot
4 ice cubes

Combine ingredients in electric or hand blender and blend until smooth. Serve sprinkled with nutmeg.

Fresh Silky Almond Milk. Serves 4-6; makes appx. 1 quart.

4 cups of fresh raw almonds
Pure water
nylon stocking (for straining)

Soak 4 cups of fresh raw almonds over night in a bowl of water. Drain. Place the almonds into a blender until it is a third full (about two cups), then add pure water to fill the blender up. Blend on high speed until you have a white creamy looking milk. Take a nylon stocking, (I use a (clean!) white knee high nylon stocking) and pour the mixture through it over a bowl or pan, and let it drain. Squeeze with your hand to get the last of the milk through the nylon. Thin with water to desired consistency.

Drink as is, or add a bit of stevia to sweeten it. Or, use in soups, shakes or puddings. Almond milk will stay fresh for about 3 days in the refrigerator.

(Use the solids you strained out with the stocking in the shower for a great body scrub)

Soups

Soups are especially great for diabetics because, since they are liquid, they enter the bloodstream quickly.

Think of soup as a breakfast food, now that you are avoiding the conventional startchy, sugar, and high protein options.

Navy Bean Soup. Serves 1.

(Donated by Roxy Boelz)

3rd Place, pH Miracle Recipe Contest

This soup will help raise low blood sugar levels.

1 cup aduki beans, soaked overnight
1 cup navy beans, soaked overnight
1 small onion, chopped
2 large carrots, grated
Real Salt to taste
2 t fresh ginger, grated
1 cup celery, chopped
Nutmeg or cardamom

Cook the beans till just tender. Cool slightly. If necessary, add water to get the consistency of soup you want. Add salt, onion, carrots and ginger. Transfer to food processor or blender and process to the texture desired. You can add celery with the ingredients to be blended, or afterwards for crunchiness. Serve sprinkled with nutmeg or cardamom or a spice of your choice.

Tortilla Soup*. Serves 1-2.

(Donated by Cheri Freeman)

3rd place, pH Miracle Recipe Contest

This entry won in the “transitional” category. Some people like to use organic chicken broth instead of veggie. This soup, sans tortillas and tofu, would be great for a liquid feast.

3 cups yeast-free vegetable broth

1 cup pureed fresh tomatoes or packaged strained tomatoes with no preservatives or additives

8 oz baked seasoned tofu, sliced or coarsely chopped
olive oil

2 T garlic, chopped

2 jalapenos, seeded and chopped very fine

½ c. cilantro, chopped very fine

½ onion, chopped very fine

Real Salt to taste

Garlic pepper blend to taste

1 avocado, diced

sprouted grain tortillas (1/2 for each serving) (optional)

Preheat oven to 200° F. Place your tortilla/s directly on the baking rack until they are crisp. Pour your broth and tomato puree in a saucepan and begin heating on very low heat while preparing vegetables and tofu. In a small skillet, brown tofu in olive oil. Add to broth. Add garlic and spices. When warmed, turn off heat, and add avocado to soup. Serve topped with broken bits of tortilla sprinkled on top for some added crunch.

Vegan Chili. Serves 2-4.

(Donated by Cheri Freeman)

Great on cold nights!

3rd place, pH Miracle Recipe Contest

2 veggie burger patties or crumbles

¼ cup olive oil

½ onion, chopped

1 jalapeno chopped (with or without seeds, depending on how hot you want it)

1 Tbs. Chili powder

1 tsp. Real Salt

2 cloves garlic chopped

3 cups strained tomatoes

2 cups tossed salad (mixed greens, red and yellow peppers, carrots, etc.)

vegan cheese shreds (optional)

In a saucepan or cast iron pot, brown crumbled patties in olive oil. Add all remaining ingredients except salad. Adjust seasonings to your own taste. If you don't like it too hot, you can seed your jalapeno. Put about half of the chili in a blender, add salad mix and puree. Pour back into chili and stir thoroughly. Serve topped with vegan cheese.

French Gourmet Puree. Serves 6.

Donated by Eric Prouty

2nd place, pH Miracle Recipe Contest

This is a beautiful soothing alkaline puree. Sometimes I like to double the amount of lettuce to thin it out a bit.

1 Avocado

2 Stalks Celery
1 Head Romaine Lettuce
1 Small Tomato
1 handful Spinach
1 small Cucumber, peeled
2 Cloves Garlic
1/3 Onion
2 Tbs Olive Oil
Herbs de Provence
Sprouts (optional)

Puree all vegetables with a juicer, doing the onion last. Mix in olive oil, and Herbes de Provence to taste. Serve with sprouts sprinkled on top.

Creamy Watercress Soup. Serves 4-6

Donated by Deborah Johnson

1 – cauliflower (cut into 1"pieces)
2 – cups pure water
2 – cups vegetable broth
2 – cups chopped fresh watercress (reserve a sprig or two for garnish)
1 – cup zucchini pieces
1 – cup broccoli pieces
1 – cup celery pieces
4 – green onions, tops removed
¼ - cup extra virgin olive oil
Real Salt to taste

Boil water, remove from heat, add cauliflower and allow to rest for 5 minutes. Place cauliflower and water in food processor or blender and process until smooth. Add vegetable broth and remaining ingredients and blend until desired consistency is reached. Do not over blend. Serve warm or chilled. Garnish with a sprig of watercress.

Clean and Simple Soup

Serves 1-2

Donated by Eric Prouty 2nd place winner of Alkalarian recipes, in the pH Miracle Recipe Contest, held by the InnerLight Foundation, July 2003

1 Cucumber, cubed
1 Avocado, cubed
mint (optional)

Place ingredients in food processor with S blade. Mix until almost smooth. Serve garnished with mint leaf.

Soothing Cooling Tomato Soup*. Serves 2-4.

This silky smooth cooling soup can raise blood sugar if it has dropped too low. The combination of fresh tomatoes and avocado makes it high in lycopene and lucene.

6 med. tomatoes juiced and strained (pour through a fine mesh strainer or nylon knee high stocking
½ avocado
¾ cup fresh coconut water (make sure this is fresh, taken from a coconut)
1 cucumber, juiced
Real Salt to taste
Stevia (optional)

Blend until smooth. For a sweeter soup, add stevia to taste.

Cool Raw Red Soup. Serves 2-4.

This is a raw soup made by juicing all your veggies and then blending them with avocado and some clear fresh coconut water. It has a cooling effect, and is light and refreshing -- perfect for a hot summer day. This soup will enter the bloodstream quickly, and would help to raise blood sugar levels.

1 beet
½ large English cucumber
4 stalks celery
1-2 carrots
1 small clove garlic
¼ cup fresh cilantro
½ avocado
¼ cup fresh coconut water (which should be clear and slightly sweet)
Grated veggies (for garnish)

Juice first six ingredients, then pour juice through a clean knee high nylon stocking or a fine wire mesh strainer. Mix in blender with avocado and coconut water. Garnish if desired with grated veggies.

Roasted Leek Ginger Soup. Serves 4

Olive or grapeseed oil
1 Cup freshly strained Almond milk (see recipe, p. TK)
1 leek, thoroughly cleaned and sliced in 1/3 inch slices
1 tsp. fresh ginger cut in thin slices
½ -1 tsp. Real Salt
2 cups Veggie Broth

In a soup pot, stir fry leeks and ginger in oil until softened and browned on edges. Pulse chop leek and ginger in food processor and return to soup pot. Add almond milk, broth and Real Salt. Warm and serve.

Variation: add diced roasted peppers and garlic.

Potato Vegetable Soup. Serves 4

Donated by Terry Douglas

This is a nice full bodied veggie soup that would help raise blood sugar levels.

4-6 small red potatoes
1-2 TB Olive Oil
1 med. Yellow onion, chopped
2 cloves garlic, chopped
2 cans of vegetable stock
1 celery, sliced
2 carrots, sliced into rounds
Salt, Pepper and cayenne
1-2 cups baby spinach leaves
1/2-inch fresh ginger, sliced or julienned
a few leaves of cilantro
½ cucumber chopped
1 tomato chopped

½ green or red pepper, chopped
Bragg Aminos (optional)
Basil (optional)

Cook potatoes in water until tender (about 20 minutes). In a separate soup pan, over low heat, saute onion in olive oil; add garlic when the onion is almost done. Add broth, celery and carrots. If you don't have lots of liquid, add a can of water. Heat until warm, 3-5 minutes. Veggies should still be crunchy. Season to taste with salt, pepper and cayenne. Remove from heat. Add spinach and ginger. To serve, quarter potatoes, and divide into soup bowls. Optional: add a drop of liquid Bragg Aminos and a basil leaf in each bowl. Add soup, and top with cilantro, cucumber, tomatoes and pepper. Serve immediately, with crackers or sliced avocado.

Spicy Latin Lentil Soup. Serves 4

Donated by Cathy Galvis

This cooked soup would help raise blood sugar levels. Buen apetito !

2 c. lentils
6 c. water
2 carrots (sliced)
1 celery stalk (chopped)
½ green pepper (chopped)
½ red bell pepper (chopped)
1 onion (chopped)
2 cloves garlic (minced)
2 bay leaves
1 tsp. Bragg's Amino's
1 tsp. olive oil
½ tsp. jalapeno pepper (seeded and chopped)
¼ tsp. cayenne pepper
1/8 tsp. black pepper
¼ c. cilantro (chopped)

In a large pot, add the water and lentils and bring to a boil. Add the carrots, cayenne pepper, black pepper, Braggs and bay leaves. Return to a simmer and cover. In a separate pan, sauté the onions, garlic, green and red peppers, celery and jalapeno pepper in the olive oil for a few minutes. Set aside. Cook the lentils for approximately 20 minutes and add the sautéed onions and peppers. Cook for 10 more minutes, or until the lentils are soft. Serve garnished with the cilantro.

Creamy Cauliflower Confetti Soup

This soup is deceptively creamy – you'd think it had dairy in it. The roasted veggie bits give it, its confetti appearance. Sprinkle roasted bell peppers over the top for more color.

1 head of cauliflower
3 yellow crookneck squash
4 zucchini
2 yellow onions
2 pkg. cherry tomatoes
½ celery root
8 cloves garlic

1 quart Fresh Silky Almond Milk (see p. TK)
1 container veggie broth
Grapeseed oil

Preheat oven to broil. Cut the veggies into bite-size pieces. Place on non-stick cookie sheets and rub with grapeseed oil. Broil until lightly browned, 10-15 minutes. While veggies are roasting, make a almond milk and place in soup pot. When veggies are done, add cauliflower to the blender with half the onion and half the celery root and blend with enough of the almond milk to get a rich and creamy consistency. Place mixture in soup pot. Pulse chop the remaining veggies in a food processor until minced and add to soup. Stir to separate the bits. Add broth and stir well.

Scrap Soup. Serves 4

Donated by Mary Seibt

3 large carrots
2 celery stalks
4 stalks asparagus
1 large yellow onion
6 cups of distilled water
4 tsps. of instant vegetable broth (yeast free)
1 1/2 tsps. cumin
2 tsps. dill
Real Salt to taste
2 tsps. 21 Spice Salute or Zip

Shred carrots and celery in food processor. Bring water to boil, adding vegetable broth and onion. Once boiling, turn off the heat. Add carrots, celery, stalks of asparagus and let stand until vegetables are tender. Cool enough to put in blender and mix all ingredients. Serve warm.

Veggie Almond Chowder. Serves 4

This soup is even better the next day after it has stored in the refrigerator overnight as the flavors have blended.

3 cups soaked almonds (blanch to remove skins if desired) -OR- almond milk (see p. TK)
Juice of 1-2 lemons
1 garlic clove
1 tsp. Garlic Herb Bread Seasoning (Spice Hunter)
1 quart Veggie Broth (I use Pacific Brand)
2 tsp. dehydrated tomato powder (The Spice House)
1 tsp. real salt
1/2 tsp. cumin
1/2 tsp. celery salt
Black pepper or The Zip to taste (Spice Hunter)
1/4 tsp. Green Thai Curry Paste
1 head broccoli
1 yellow onion
2-3 stalks celery
1/2 pound of fresh green peas from the pod

Put first 11 ingredients (up through curry paste) in a blender and blend until very smooth. Place in soup pot. Steam or steam fry the veggies, and add to soup pot. Warm and serve.

Tera's Any Meal Veggie Soup. Serves 6

donated by Tera Prestwich

1 Med. Onion
3 Cloves of garlic (1tsp minced)
5-7 Sun dried tomatoes
2-3 tbs Bragg's liquid amino
1 Tbs parsley (1/4 c. fresh)
2 tsp real salt
Pepper to taste (I use 1 tsp)
1 Quart Veggie broth
1 Quart Water
1 Head of cauliflower
1 bunch of broccoli
1 bunch of celery (I use the leaf also)
1 lb of carrots
½ pd of fresh green beans
½ pd of peas

Blend first 7 ingredients (through pepper) in food processor. Put in Soup pot and cook until onion is clear. Add broth and Water and bring to a boil. Chop veggies (and feel free to get creative with any veggies here, instead of or in addition to the ingredients above), and add to the soup along with more water if necessary. Cook until veggies are just tender but still a little crunchy.

Celery Root Soup

Serves 4

Celery Root (or Celeriac) is different from celery, although the taste is a bit similar. Celery root is a large gnarly rough skinned root. Not the most attractive of vegetables sitting in the produce section, but none the less, delicious and very good for you. Wash celery root thoroughly with a brush to loosen dirt trapped in the gnarls. It is somewhat difficult to peel, so break out a good sharp knife or trusty peeler.

Grapeseed oil

1 large Celery Root, peeled and chopped into large bite-sized chunks
2 white onions, chopped
1 c. water or vegetable broth
Real Salt to taste

Saute onions in oil until softened and lightly browned. Add celery root and water and steam for 5-10 minutes until veggies are done. Put soup in blender with enough water or broth to cover the top of the onion and celery root. Blend until smooth and creamy. Add more water if necessary to reach desired consistency, and season to taste with Real Salt. Serve warm as a soup, or spoon over veggies as a sauce or gravy. Experiment with adding your favorite seasonings.

Creamy Tomato Soup

Serves 2

Donated by Dr. Gladys Stenen

4 Roma Tomatoes
2 green onion tips (using about 1 inch of white/light green part)
¼ green pepper
1 cup vegetable broth
1 avocado or ¼ soft tofu package
1 tsp. sea salt

pepper to taste

Liquefy in blender, then warm.

Creamy Curry Broccoli Soup

Serves 2

Donated by Dr. Gladys Stenen

2 cups of broccoli

2c. vegetable broth (adjust amount to reach desired thickness)

¼ soft tofu package (or more to taste)

1 tsp. curry powder

Salt and Pepper to taste

Liquefy in blender, then warm.

Special Celery Soup*

Serves 6-8

This is a perfect soup for an appetizer before your main course, or on a day when you're tired and need to give your mind, body, and digestive tract, a rest.

1 TB. Coconut Oil

1 whole head of celery, including core and leaves, sliced

1 leek (sliced white part)

1 TB. ginger grated

1 quart Fresh Silky Almond Milk (see p. TK)

Vegetable broth (optional)

Saute celery and leek and ginger in oil until softened. Place half in the blender with half the almond milk and blend well. Mix with remaining veggies and almond milk and warm.

Thin with vegetable broth if desired.

Green Gazpacho Two Ways

Serves 4-6

Donated by Eric Prouty

2nd place winner, the pH Miracle Recipe Contest

You can prepare this soup simply for a refreshing taste, or you can make it robust with the addition of herbs (which is what my family prefers). Either way, it's a wonderfully alkaline soup, packed with chlorophyll.

2 Avocados

2 Green Bell Peppers

6 Roma tomatoes

1-1/2 Large English Cucumbers (or 2 average size)

1 Head Romaine Lettuce

½ Red Onion

3 cloves Garlic

¼ cup fresh lemon juice

¼ t Real salt

2 T olive oil

1-1/2 tsp. Basil

½ tsp. Dill

¼ tsp. Oregano

1/8 tsp. Sage powder

Chop all vegetables. Mix avocado, lemon juice and garlic in food processor (with S blade), until smooth and empty into bowl. Process tomatoes and romaine until smooth, and add to bowl. Pulse peppers, cucumbers and onion until chunky (approximately 1/8-1/4 inch) and empty into bowl. Mix well with salt and olive oil, and herbs if desired.

SALADS

Salad is the most important part of a meal, especially for someone with diabetes. It is alkaline, high in water, and high in fiber, and should take up the major portion of your plate (70-80%).

Lentil-Brazil Nut Salad. Serves 1-2.

Donated by Roxy Boelz

3rd place, pH Miracle Recipe Contest

1 1/2 cups lentils, cooked

1 cup edamame beans

1/4 cup lime juice

Dash of Real Salt

1/2 -1 tsp. fresh ginger

1 cup spinach, rinsed and chopped

2-3 Tbs. chopped Brazil nuts

Sprinkle of parsley

Combine the lentils, edamame beans, and spinach. Combine the lime juice, salt and ginger, and stir into bean mixture. Sprinkle with brazil nuts and parsley.

Lemony Green Bean Salad, Serves 1-2

Donated by Roxy Boelz

3rd place, pH Miracle recipe contest

1 cup green beans cut

1 cup zucchini, sliced and cut

juice of one lemon

1/2 cup daikon radish, sliced and cut

1/2 cup dulse flakes

1/2 cup parsley, cut

Lightly steam the green beans. Cool. Combine with zucchini and daikon. Stir in lemon juice. Sprinkle with dulse flakes and parsley.

Moroccan Mint Salad. Serves 4-6

Donated by Lisa El-Kerdi

Best in Show, pH Miracle Recipe Contest

Serve this refreshing salad with Lisa's other award winning recipe, North African Bean Stew (p. TK)!

2 cucumbers, seeded and minced by hand

4-6 scallions, minced by hand

1 bunch parsley, stems removed

1 bunch mint, stems removed

1/2 - 1 jalapeno

4 tomatoes, seeded and finely chopped

1/2 cup lemon juice

¼ cup olive oil
½ tsp. Real salt
½ tsp. paprika

Mince herbs and jalapeno in food processor, or by hand. Mix in bowl with cucumbers and scallions. Add tomatoes, stir in lemon juice, olive oil and spices. Sahateck! (to your health)

Moroccan Cole Slaw. Serves 4-6

Donated by Eric Prouty
2nd place, pH Miracle Recipe Contest
½ Green Cabbage
½ Red Cabbage
1/3 cup fresh Lemon juice
1-1/2 tsp. Chinese 5 Spice powder
½ tsp. Caraway seeds
4 Tbs. Olive Oil

Shred cabbage in food processor with shredder wheel. Mix all ingredients well in a bowl. Let sit for at least half an hour before serving to allow flavors to blend and seeds to soften.

More Peas Please

donated by Dianne Ellsworth

This recipe would help to raise low blood sugar

4 oz. Pea pods washed, trimmed and cut into bite sized pieces
4 oz. Pea shoots 4 inches long cut in half (or pea sprouts 2 inches long)
10 oz. Frozen baby peas thawed
½ of a small red onion sliced very thin cut slices in half
2 cloves of garlic pressed through a garlic press or minced finely
¾ cup raw pumpkin seeds
2 Tbs. fresh baby dill weed
2 Tbs.. freshly grated ginger
Zest of ½ lemon cut in ½ inch pieces
Juice of 1 lemon
3 Tbs. olive oil
2 Tbs. grape seed oil
1 Tb. Udo's oil
½ tsp. dried dill weed
½ tsp. Spice Hunter Garlic Herb bread Seasoning
Bragg's to taste

Mix the first 9 ingredients (through lemon zest) in a salad bowl. Make a dressing by mixing the remaining ingredients together thoroughly. Pour half of the dressing over the vegetable mixture and toss well. Add more dressing to taste.

Alkalarian Cole Slaw Serves 4-6

Donated by Sheila Mack
3rd place, The PH Miracle Recipe Contest
½ head green cabbage, shredded
2 medium carrots, shredded
½ small red onion, sliced thinly into strips

½ cup chopped Italian parsley
1 c coconut milk (make it fresh by blending the coconut water and meat of a coconut in a blender).
1 t arrowroot powder (optional)
½ tsp. sea salt or to taste
¼ tsp. celery seed
½ TB. fresh lime juice
2 TB. Grapeseed Oil
Dash of cayenne pepper
Stevia (optional)

Toss the first four ingredients (through parsley) in a bowl. Blend coconut milk and arrowroot (if needed to thicken) in blender. Blend in remaining ingredients and toss with cabbage mixture. This tastes best if you let it sit and chill for awhile before serving, to give the flavors a chance to blend.

Popeye Salmon Salad

Serves 4

Donated by Maraline Krey

2nd place, pH Miracle Recipe Contest

This salad would also be delicious without the fish! To get the most juice out of them, roll the lemon and limes on the counter before cutting and squeezing them.

1 ½ lb. Salmon Fillet (cold water preferred)

juice of 1 lemon

juice of 3 limes, divided

4 oz. water

2 oz. Avocado Oil or Extra Virgin Olive Oil

Real Salt

Ground Pepper

1 oz. Ground flax Seed

1 oz. Poppy seed

handful of pine nuts (optional)

1 lb. Spinach leaves

½ cup of Basil leaves

1 cup Hearts of Palm, diced

1 cup diced carrots (optional)

1 cup diced celery (optional)

1 cup diced tomato (optional)

1 cup diced asparagus (optional)

Place salmon in a glass baking dish. Marinate in water and juice of lemon and one lime for two hours, turning over after an hour. Preheat oven to 400° F. Bake salmon in the liquid for 25 minutes, then place under the broiler for 5 minutes to brown the top. Make dressing by combining remaining lime juice, oil, pepper and salt, and seeds and pine nuts. Use kitchen scissors to cut spinach and basil leaves into bite-sized pieces. Add into a large salad bowl with whichever of the diced vegetables you choose. Toss with dressing and let sit until salmon is ready. To serve, cover dinner plates with salad, and top with pieces of salmon.

Rustic Guacamole makes an excellent accompaniment.

Quinoa Salad Serves 4

Donated by Charlene Gamble

Quinoa is a versatile grain. Small and lacy, it makes a good substitute for rice. Because of its rice and beans, this recipe will help raise blood sugar levels.

½ cup Quinoa
1 cup vegetable broth
1 tsp. Cumin, divided
½ cup brown rice
1 cup water
½ tsp cumin
1 15 oz. Can black beans, drained, rinsed and drained again
1 ½ red peppers, finely diced
1/3 cup minced cilantro
1 ½ bunches green onion, chopped
2 celery sticks, chopped
4 TB fresh lime juice
3 TB Olive Oil (or whatever healthy oil you prefer)
VegeSal or Real Salt to taste

In a small saucepan, combine rice, water and half of cumin. Bring to a boil, cover, reduce heat and simmer 35 minutes. Rinse quinoa in sieve. In another small saucepan, combine with broth and half of cumin. Bring to a boil, cover, reduce heat and simmer 15-20 minutes. Combine grains in a bowl with remaining ingredients. Refrigerate for awhile before serving to blend flavors.

Tera's Hearty Party Serves 4-6.

Recipe donated by Tera Prestwich

1 head of Broccoli
1 head of Cauliflower
1 red bell pepper
1 green bell pepper
1 orange bell pepper
2 stalks of celery (sliced)
1 bag of edamame (soy beans)
3 green onions
½ clove of minced garlic
¼ cup of Braggs Aminos or 1-2 tsp Real Salt
½ cup Essential Balance Oil (or oil of choice)
1 tbsp. Garlic herb bread seasonings (Spice Hunter)
Garnish with Zip (Spice Hunter)

Chop broccoli, cauliflower, celery, green onions and bell peppers and mix together. Cook Edamame's as directed and add to mix. Then add in the Essential Oil, minced garlic, Braggs Aminos, and Garlic Herb Bread Seasonings. Toss together and garnish with Zip.

Jerusalem Salad

Serves 4

Recipe donated by Sue Mount

1/3 cup tahini
2 Tbs. Olive Oil
1-2 cloves garlic, crushed
Juice of 1/2 lemon
3 Tbs. parsley

Salt/RealSalt to taste

Water

1 cucumber, diced

6 roma tomatoes, or 3 regular tomatoes, diced

Mix first 6 ingredients thoroughly in a salad bowl; add water to thin to make a dressing. Add cucumber and tomatoes and toss. You can let this sit for an hour to allow the flavors to meld.

Refreshing Grapefruit Salad

Serves 2-4

Donated by Kathleen C. Waite

I like to arrange the avocado slices in this recipe like flower petals, and put the grapefruit mixture inside as the center of the flower. This recipe would help to raise low blood sugar.

1 TB. flax oil

1 TB Braggs Liquid Aminos (or Real Salt or Herbamare to taste)

1-2 tsp. sesame seeds

1 tsp. Mexican Seasoning the Spice Hunter (optional)

1 grapefruit peeled and cut into bite size pieces

1 cup chopped celery

1 red bell pepper chopped or thinly sliced

1 cup jicama grated

1 handful of fresh cilantro

1 avocado peeled and sliced lengthwise

¼ soaked almonds, chopped

Combine first four ingredients (through mexican spice) to make dressing. Combine remaining ingredients except avocado and almonds in a bowl and toss with dressing. Arrange on a plate with avocado slices. Top with almonds.

Steamed Beets with Greens

Serves 2-4

Donated by Kathleen Waite

This recipe would be good to raise low blood sugar levels.

1 bunch of fresh beets with greens attached

½ juiced lemon

1 TB flax oil

1 TB Bragg Liquid Aminos (or Real Salt or Herbamare to taste)

almonds, soaked and chopped (optional)

Cut beet head from greens and scrub well. Trim ends and cut into quarters or halves, depending on the size of the beet. Steam in steaming basket on high for 10 minutes and remove from heat. Meanwhile wash and rinse beet greens. Fold them over a couple of times and cut into pieces. When the beets are done, place the greens over the beets in the basket, put the lid back on, and let stand for 5 minutes to soften the greens.

Meanwhile, combine lemon juice, oil and Braggs or salt. Put greens and beets into a serving bowl and stir with dressing. Top with almonds.

Romaine Peppered Salad

Serves 6

Donated by Randy Wakefield

1 clove minced or pressed garlic
2 tsp. cold pressed olive oil or Essential Balance™
2 tsp. minced onion
2 tsp. tomato finely chopped
1 sm. jalapeno pepper, seeded & finely chopped
3 c. romaine lettuce
3 c. Belgian endive
1 red bell pepper, cut into strips
1 yellow bell pepper, cut into strips
Bragg's Amino's™/ Real salt to taste

Combine garlic and oil in a small bowl; let stand 30 minutes. Then add the minced onion, tomato, and jalapeno; stir well and set aside. Lay down whole romaine leaves to cover 6 salad plates. Tear endive and remaining romaine into small pieces and layer over top. Lay pepper strips on top. Drizzle each serving with 1 1/2 tablespoons of the oil mixture. Spray with Bragg's Amino's or Real Salt to taste.

DRESSINGS, DIPS AND SAUCES

The sauce is often the tastiest part of a meal. Veggies always taste more exciting dressed with herbs, seasonings and spices. It's also a way to include creamy textures in your dishes and enrich them with healthy and essential fats.

Almond Chili Sauce

Donated by Roxy Boelz

3rd place, pH Miracle Recipe Contest

Serves 2-4

½ cup raw almond butter
1 Tbs. fresh ginger, grated
2 Tbs. lemon juice
1 clove of garlic
1 Tbs. Bragg's Aminos
1 chili, such as Serrano
¼ cup water

Blend all ingredients together in blender till smooth. Add the water gradually, until you get the consistency you desire.

Mock Sour Cream

Donated by Roxy Boelz

3rd place, pH Miracle Recipe Contest

Serves 2-4

¾ cup coconut meat
1/3 cup brazil nuts (soaked overnight)
3 Tbs. olive oil
2 Tbs. lemon juice
1 Tbs. water
½ tsp. Real Salt

Blend all ingredients until smooth. Add water gradually to get the consistency you want.

Flaxseed Oil and Lemon Dressing

Donated by Roxy Boelz

3rd place, pH Miracle Recipe Contest held by the Innerlight Foundation, July 2003

Serves 2-4

½ cup lemon juice

¼ cup flaxseed oil or Udo's Blend

¼ cup water

1/3 bunch, fresh basil (or 1-2 tsp. dried)

2 cloves of garlic

¼ cup olive oil

Combine basil and garlic in blender. Add the rest of the ingredients and blend to desired consistency.

Sunnie Spread

Donated by Roxy Boelz

3rd place, the pH Miracle Recipe Contest

Serves 2-4

1 cup sunflower seeds (soaked for 6 hours or overnight)

1 cup almonds (soaked for 6 hours or overnight)

2 Tbs. lemon juice

½ cup fresh herbs of choice (parsley, basil, cilantro ect.)

1 Tbs. dulse flakes

Process sunflower seeds and almonds in food processor. Add remaining ingredients except dulse flakes and stir well. Sprinkle on the dulse flakes.

Variations: For garlic flavor, add chopped garlic to lemon juice and herbs, then combine with sunflower/almond mixture. Use 1 tsp. kelp instead of dulse flakes, adding kelp in the food processor with the rest of the ingredients.

Almond Butter Dressing

Donated by Debra Jenkins

1st place winner, Transitional Recipes, in the pH Miracle Recipe Contest

Serves 2-4

1-2 Tbs. Almond Butter

¼ pound Soft or Silken Tofu

1 fresh clove garlic

2-4 Tbs. oil (Udo's blend, Essential Oil blend, or olive oil)

Juice of 1 Lime

½ - 1 Tbs. Liquid Bragg's Amino's

1 tsp. Spice Hunter Mesquite Seasoning

½ tsp. onion powder

Blend ingredients together.

Tofu Hummus

Donated by Debra Jenkins

1st place winner, Transitional Recipes, in the pH Miracle Recipe Contest

Serves 2-3

8 oz Tofu

½ cup raw Tahini

½ lemon juiced

1 tsp. Cumin
2-3 sun dried peppers or tomatoes
1 clove garlic
½ tsp. Real Salt
Blend all ingredients together.

Almond Gravy

Donated by Debra Jenkins

1st place winner, Transitional Recipes, the pH Miracle Recipe Contest

Serves 2-3

This is good over buckwheat, rice, veggie burgers, vegetables, salmon and more.

2 cups water
½ cup almonds (soaked and blanched, if preferred)
2 Tbs. Arrowroot powder
2 tsp. Onion powder
2 Tbs. Grapeseed oil
½ tsp. Real salt

Blend ingredients together. Then warm over high heat, stirring constantly until thickened, about about 3 minutes.

Tofu “Whipped Cream”

Donated by Debra Jenkins

1st place winner, Transitional Recipes, in the pH Miracle Recipe Contest held by Innerlight Foundation

Serves 2-4

½ pound (8oz) Silken Tofu
2 tsp. Frontier non-alcoholic Vanilla
1/8 tsp. Stevia
1 Tbs. lemon juice
water or almond milk
1 ½ tsp. Psyllium or agar flakes (optional)

Drain tofu thoroughly. Combine tofu, vanilla, stevia and lemon juice in food processor and blend. Add water or almond milk as need to create a smooth consistency (should take only a few tablespoons). To make whipped cream stiffer, add psyllium or agar. Refrigerate until chilled.

Variation: flavor with cinnamon.

Nutty Cream Topping

Donated by Debra Jenkins

1st place winner of Best Transitional Recipes, in the pH Miracle Recipe Contest

Serves 1-2

½ cup almonds
1/3 cup boiling water
½ tsp. lemon juice
Stevia

In a blender or coffee grinder, grind almonds to a fine powder. Add water and juice, and stevia to taste (about 2-3 drops of liquid or one packet). Blend on high till smooth and creamy. Chill for an hour or two.

Variation: flavor with cinnamon, or almond or maple flavoring (be sure to get the flavors without alcohol)

Almond Avocado Dressing Serves 2-4

Donated by Debra Jenkins 1st place winner of Best Transitional recipes in the pH Miracle Recipe Contest

2 Tbs. raw almond butter

1 clove garlic

½ medium avocado

1 Tbs. fresh lemon juice

1 Tbs. Bragg's Aminos

3 Tbs. Essential Oil Blend

3 Tbs. Udo's Oil Blend (or favorite olive oil)

Dash of garlic powder

¼ tsp. onion powder

½ tsp. Frontier Spice Fajita Seasonings

Blend in blender until smooth and creamy. Chill.

Variation: Add 3-4 sun dried tomatoes

Avocado Grapefruit Dressing Serves 1-2

Donated by Debra Jenkins 1st place winner for best transitional recipes, in the pH Miracle Recipe Contest

1 large avocado

½ large grapefruit

Stevia (optional)

Blend.

Blend 1 large avocado with ½ large grapefruit. Add stevia to balance tang, if desired.

Red Pepper Jelly

Donated by Cheri Freeman 3rd place winner of Transitional recipes in the pH Miracle Recipe Contest,

Yield: 1 ½ c; Serves 4

This keeps a few days in the fridge, or you can freeze it to use later. For a great snack, make little triangle sandwiches with warm sprouted wheat tortillas cut into quarters, almond butter and red pepper jelly.

2 Red Bell Peppers

30 drops Stevia (or to taste)

½ c. + 3 Tbs. Water

4 tsp. Pomona's Universal Pectin

4 tsp. Calcium Water (packet comes with pectin)

Grind or puree peppers in blender or food processor with 3 Tbs. Water. Add stevia to taste. Pour into a bowl. Prepare calcium water, and stir into pepper mixture. Bring ½ c water just to a boil and pour into food processor or blender. Quickly add pectin and blend. (You must work fast, or the pectin will form globs.) Quickly pour pectin mixture into bowl with pepper mixture and stir well. Pour into glass jar and refrigerate. It will jell completely in a couple hours.

Chips and Salsa

Serves 4

Donated by KELLY ANCLIEN

1st place winner of BEST alkalizing recipes, in the pH Miracle Recipe Contest held by the Innerlight

This recipe is great served as part of Kelly's other recipe, Fiesta Tacos El

Alkalarian.

Sprouted wheat tortillas

Olive oil

Garlic pepper

Fajita seasoning

Real salt

2 large tomatoes

5 Tbs. diced purple or red onion

1 ½ jalapeno pepper, seeded and chopped (mild salsa)

3 tsp. chopped fresh cilantro

2 garlic cloves minced

1 tsp. fresh lemon juice

Real Salt to taste

½ tsp pepper

2 sun dried tomatoes (optional)

Preheat oven to 350 degrees. Rub oil onto both sides of each tortilla, and sprinkle one side with spices (those above, or any combination you dream up). Use a pizza cutter to slice each tortilla into 8 triangles. Bake on a cookie sheet for 13 minutes, or until crispy. Meanwhile, make the salsa. Place the remaining ingredients into a food processor and blend to desired consistency. Use the sun dried tomatoes if desired to sweeten and thicken the salsa.

Decadent Dill Spread

Serves 4

Donated by Eric Prouty

2nd place winner for alkalizing recipes, in the pH Miracle Recipe Contest held by the InnerLight

Spread on cucumber slices, celery stalks, sushi nori paper (for veggie rolls), flax crackers, or sprouted tortillas (for veggie wraps)

2 cups soaked sunflower seeds

3 cloves garlic

1/3 onion

2 Tb. Olive Oil

1 Tb. Bragg's Liquid Aminos (or ½ to 1 tsp. Real Salt)

1 tsp. Dill

Use Green Star/Green Life or Champion Juicer with plug attachment for nut butters.

Add seeds, garlic and then onion. Mix with other ingredients in a bowl.

Tomata Tostada Basilicious

donated by Dianne Ellsworth

Use your favorite pre-made tortillas for this recipe. Or, make your own. Dianne likes to tweak the Shelley's Super Tortillas recipe *The pH Miracle* by adding about 20 sun dried tomatoes, an additional 2-4 basil leaves, roasted green chili, a peeled and seeded, and reducing the amount of cocunut milk or water to achieve the correct consistency for dough.

This recipe would help raise blood sugars.

2-3 T olive oil
juice of 1 lime
1-2 garlic cloves, minced
1/8 – 1/4 c tahini (raw)
1 17 oz. jar garbanzo beans, drained (save water)
20-22 sun dried tomatoes packed in olive oil
8-10 basil leaves (plus additional for garnish)
Real Salt, to taste
1/2 - 1 t Garlic Herb Bread Seasoning (Spice Hunter)
1/2 - 1 t cumin
Zip (Spice Hunter), to taste
Tortillas
Tomatoes, sliced
Guacamole

In a food processor put oil, lime juice, garlic, and tahini and process until smooth. Add beans, sun dried tomatoes and seasonings and process until creamy. You may need to thin with extra water (from beans) to desired consistency. Spread hummus on tortillas, add a layer of tomato slices and a layer of guacamole, and garnish with sliced basil leaves.

Texas Style Guacamole

Serves 2

Serve chilled or at room temperature, with veggies or tortilla chips (try Shelley's homemade tortilla chips with Mexican Seasoning in *The pH Miracle*. This is a great after work pick-me-up snack.

Donated by Amy Efeney

2 large avocados
1 whole jalapeno pepper (more or less)
1/2 habanero pepper (or not— they're really hot!)
1/4 cup onion
1/4 cup roasted tomatoes (or fresh)
1 tsp. fresh lemon juice
1 shot garlic powder
1 shot Redmond Real salt
1 or 2 shots fresh ground pepper

Mash all ingredients together with a fork for chunky guacamole, or use a blender (a new one might have a "salsa" setting) or food processor for smoother texture.

Avocado Salad Dressing

Serves 4-6

Donated by Gerry Johnson

Delicious over a garden salad.

2 ripe avocados, peeled
1 cup freshly juiced celery juice
Seasonings (optional)

Mix together in a blender, adjusting amount of juice to achieve desired consistency. Add whatever seasonings appeal to you – or enjoy as is.

Avocado Grapefruit Dressing

Serves 4

Donated by Debra Jenkins

1st place for best transitional recipes, in the pH Miracle recipe contest, held by the InnerLight Foundation

1 avocado

½ to 1 cup fresh grapefruit juice

Stevia

Combine in blender and blend to smooth consistency. Use Stevia as desired to balance the tart of the grapefruit.

Sunshine Dressing

Serves 6-8

Donated by Frances Parkton

2nd place, in the pH Miracle Recipe Contest

This is a great versatile dressing, dip, or sauce. Somewhat like an all around Hollandaise Sauce that you could use for most any dish. Great over tacos or burritos too!

2 cups minced cucumber

2 sun-dried tomatoes

1 cup onions minced

4 jalapenos minced

1 cup Green bell pepper minced

½ cup Olive oil

½ cup Avocado Oil

¼ cup. Veganaise (make sure it doesn't have vinegar)

2 tsp. Mexican Seasoning

Juice of 2 limes

2 tsp. of Herbamare

½ tsp. cayenne pepper

2 tsp. fresh garlic

Put all ingredients in vitamix or blender and blend to make salad dressing. Adjust seasonings to taste.

Variation: add 1 c- 4 pints cherry tomatoes for a wonderful gazpacho. Or serve over a bowl of the following combination: 2 c. cooked quinoa, 1 c. minced zucchini, 2 c. minced broccoli, 1 c. minced onion, 1 red or orange bell pepper, minced, 1 cup pine nuts, 2 T toasted sesame oil, and salt, tomatoes, and parsley to taste.

Rustic Guacamole

Serves 4-6

Donated by Maraline Krey

2nd place in transitional recipes, in the pH Miracle Recipe Contest held by the InnerLight Foundation

This rustic guacamole can be served as a side dish, as a main course salad over baby spinach drenched in lime juice and avocado or olive oil. For a great salsa to use over fish, add a cut up grapefruit.

4 Haas Avocados, diced into ½-¾ inch cubes

½ bunch cilantro, cut up (use kitchen scissors)

1 x-large or 2-3 small tomatoes, diced

¼ onion, chopped

juice of 2 or 3 limes

½ tsp. Real Salt

½ - 1 tsp. The Zip (Spice Hunter) or hot sauce (optional)

Combine in a large bowl and toss as you would a salad. Keeps in the refrigerator for two days.

Pesto Dressing/ Sauce

Serves 4

Serve cold over salad or veggies or legumes.

½ jar Garlic Galore Pesto (Rising Sun Farms brand, has no dairy)

½ cup Olive Oil (cold pressed virgin)

2-3 sundried tomatoes

1 tsp. Garlic Herb Bread Seasoning (Spice Hunter)

½ cup raw Macadamia Nuts

water to desired consistency

Put all ingredients into a food processor and process until smooth, adding water to desired consistency.

Fresh Garlic Herb Dressing

Serves 4

¼ C. Essential Balance Oil, a blend of organic flax, pumpkin and sunflower oils (Omega Nutrition)

Juice of one large lime

1 tsp. Italian Pizza Seasoning (Spice Hunter)

2-3 cloves fresh Garlic minced

½ tsp. Onion Salt (Real Salt puts out a nice blend)

½ tsp. vegetable Rub (Spice Hunter)

¼ tsp. fresh minced rosemary

¼ tsp. heat wave Seasoning (very hot spice) (The Cape Herb and Spice Company)

Blend all ingredients in a food processor or blender until well blended.

RANCHadamia Super Sauce Serves 6-8

This is a great way to get off of dairy ranch salad dressing. It is also great as a dip for raw veggies, or as a spread in wraps. Macadamias are rich in unsaturated fats, and contain calcium, magnesium, and many of the amino acids that make complete proteins.

2 cups of fresh raw macadamia nuts

Juice of 1 lemon

2-6 tsp. of LiteHouse Salad Herbs seasoning (a freeze-dried combination of parsley, shallots, chives, onions and garlic)

6-9 sundried tomatos

1 and 1/2 tsp. Spice Hunter Cafe Sole Lemon Pepper (a blend of lemon, pepper, onion,

and sea salt)
2 squirts of Braggs Aminos
water

With food processor running (using an S-blade), add all ingredients except water through the top shoot. Start with 2 t of seasoning, then taste and adjust the amount. Mix well and then slowly pour a large glass of water in until you reach desired consistency. Process until very creamy.

3 Citrus Dressing

About 2 c; Serves 6-8

This is a nice thick dressing with a sweet and sour taste...very zingy! It is good when you are phasing out Thousand Island and other sweet dressings.

juice of ½ large Pink Grapefruit

juice of 1 lime

juice of 1 lemon

½ tsp. Chickory root powder (name brand Nature's Taste by Amazon) OR 6-10 drops of liquid Stevia

extract or 1 -2 packets of powdered Stevia.

1 tsp. hot mustard powder

4 TBS. dried onion

2 tsp. garlic powder

2 tsp. dried basil

¼ tsp. dried rosemary

½ tsp. real salt

pinch of Zip or to taste

1 ½ c Essential Balance Oil (Arrowhead Mills or Omega Nutrition brand) or other healthy oil

1 heaping T flaxseeds

Put all but last 2 ingredients into a food processor or blender and blend well. With machine still running, add oil, then flaxseeds, and let machine run until all ingredients are well emulsified.

Citrus Flax and Poppyseed Dressing

Serves 4

Recipe donated by Derry Bresee

½ cup carrot juice

½ cup freshly squeezed citrus juice (juice of 2 lemons, ½ grapefruit to =1/2 cup)

½ tsp. dry powdered mustard

2 TBS. minced dry onion

1 t flaxseeds (optional)

1 tsp. minced fresh garlic

1 tsp. basil

½ tsp. Salt

1 T poppy seeds

1 c flaxseed oil

Combine all but the last two ingredients in a blender and blend, using the flaxseeds if you want a thicker dressing. Add poppy seeds and pulse briefly. With blender on low, slowly pour oil in until dressing is emulsified and thickened.

Flaxseed Oil Dressing

Serves 2-4

Recipe donated by Derry Bresee

Juice of 1 lemon or lime, about ¼ cup

½ tsp. onion powder

½ tsp. garlic powder

½ tsp. salt

½ tsp. chop dry basil

1 T flaxseeds (optional – use if you want to thicken enough that it spreads like mayonaise)

½ c Flaxseed oil (or, enough to be twice as much as the juice) (Shake the bottle well before pouring)

Blend in blender. Serve immediately, or refrigerate until use.

Variation: use your favorite herbs or spices instead of the seasonings listed here.

ENTREES/SIDE DISHES

The following dishes range from casual to gourmet, and offer some of the best sources of animal protein, good fats, and complimentary seasonings. Whether they are entrees or side dishes depends on the balance you need to strike, keeping at least a 70/30 ratio on your plate, with the majority of your meal being raw veggies.

Coconut/Macadamia Nut Crusted Salmon Serves 6

This is a wonderfully sweet Hawaiian rendition of salmon I use for special occasions. It always gets rave reviews at The pH Miracle retreats!

6 Salmon Filets sliced very thin (1/2 inch)

3 cups dehydrated unsweetened coconut flakes

3 cups raw macadamia Nuts

1 tsp. real salt

2 tsp. Garlic Herb Bread Seasoning

1 can coconut milk (Thai brand)

Juice of three limes

Grapeseed Oil for frying

Combine coconut, macadamias, salt and seasoning in food processor. Pulse chop to mix, then let the machine run until the mixture is finely ground and crumbly. Combine lime juice and coconut milk. Dip filets in the liquid, then into the coconut mixture to coat heavily. Press and pat the coating into the fish. In an electric frying pan on medium heat, fry 4-6 minutes, or until golden browned. Flip just once and fry on the other side until golden. If the fish is not done in the center, place the lid over the frying pan and steam until done. Lift each filet onto a serving platter with a spatula, taking care lest the coating from crumble off. Serve immediately.

Asparagus with Garlic-Lemon Sauce

Donated by Roxy Boelz

3rd place for alkalizing recipes, in The pH Miracle Recipe Contest held by the Innerlight Foundation, July

Serves 1-2

2 cups of asparagus, steamed

1/3 cup fresh lemon juice

3 Tbs. ground golden flaxseed

1 chopped garlic clove

Lightly steam asparagus. Add lemon juice, garlic and ground flaxseed and stir.

Serve warm or cold.

Tomato Asparagus Ratatouille

Donated by Debra Jenkins

1st place in transitional recipes, in the pH Miracle Recipe Contest held by the Innerlight Foundation, July

Serves 2-4

Serve on its own, or over wild rice, buckwheat, or spelt noodles. Makes a great alkaline anytime meal... even breakfast!

1 medium eggplant (peeled and cubed)

1 cup chopped asparagus

½ cup chopped green beans

1 chopped onion

1 clove garlic (minced or grated)

1 small zucchini (sliced)

3-4 fresh tomatoes

1-2 cups fresh spinach (optional)

¼ cup olive oil (can use Garlic flavored or Rosemary for extra flavor)

¼ tsp. Cayenne Pepper

½ tsp. garlic powder

1 tsp. onion powder

1-2 tsp. Spice Hunter Mesquite Seasoning

Real Salt and or Bragg's Aminos to taste

Lightly "saute" all vegetables except spinach in water in a skillet for 2-4 minutes. Stir in seasonings. Add spinach (if using) and stir for 30 seconds more. Remove from heat, pour olive oil over all, and spray with Bragg's Aminos. Serve immediately.

Variation: add a few white beans or tofu

Fiesta Tacos El Alkalarian

Donated by Kelly Anclien

best Transitional recipe in recipe contest held by Innerlight Foundation July 2003

Serves 4-6

2 sprouted wheat tortillas

olive oil

Spice Hunter Garlic Pepper

Fajita Seasoning

Real Salt

2 large tomatoes peeled and seeded

5 Tbs. diced purple or red onion

2 sun dried tomatoes

1 ½ tsp jalapeno pepper, seeded (mild salsa)

3 tsp. fresh cilantro

2 garlic cloves minced

1 tsp. fresh lemon juice

½ tsp. ground pepper

2 avocados, mashed with a fork

½ tsp. Spice Hunter's Mesquite

½ tsp. Spice Hunter's Fajita

¼ tsp Real Salt

refried beans

red bell peppers sliced into strips

mixed greens

Line bottom oven rack with tin foil. Preheat oven to 350 degrees. Rub olive oil onto both sides of tortilla, and sprinkle one side with garlic pepper, fajita seasoning and salt.

Hang each tortilla over 2 bars of the upper oven rack, to form the shape of tacos. (Any dripping oil will land on the tin foil.) Bake for 13 minutes, or until crisp. Meanwhile, make the salsa by blending tomatoes, onion, jalapeno, cilantro, garlic, lemon juice, and ground pepper in food processor to desired consistency. Use sun dried tomatoes if you like a sweeter, thicker salsa. Add real salt to taste. Make guacamole by stirring together avocado with mesquite and fajita seasoning and real salt. Assemble fiesta tacos with layers of refried beans, salsa, guacamole, red peppers and mixed greens.

Roasted Veggie Pizzas

Serves 8-10

I developed this recipe by basically unwrapping “Shelley’s Super Wraps” (from *The pH Miracle*), roasting the veggies, and crisping the tortillas. These are by far the favorite dinner at pH Miracle retreats. Feel free to add to or change the veggies you use in any way that appeals to you. Eggplant, bok choy, celery, and snow peas, anyone?

3 red bell peppers

2-3 orange bell peppers

1-2 green bell pepper

2 sweet onions (I use yellow)

20-30 whole pieces (cloves) of garlic

4 yellow crook neck squash

3 zucchinis

1-2 heads of broccoli flowerets

1-2 heads of cauliflower

1-3 Avocado, sliced

Sprouted wheat tortillas

Hummus

Non-dairy pesto

Sundried tomato paste (store bought, or made by whirling sundried tomatoes in a food processor)

Pine nuts or slivered almonds (optional)

Preheat broiler. Cut the veggies, except avocado, into bite sized chunks. Place on cookie sheets and lightly sprinkle with grapeseed oil. Broil until lightly browned on the edges. Meanwhile, spread a thick layer of hummus and pesto on each tortilla. Top with generous amounts of roasted veggies, and top with avocado and some squirts of sundried tomato paste. Sprinkle with nuts if desired. Place under broiler until tortillas have crisped and veggies are sizzling hot, and serve immediately.

Wild Fajita Verde

Donated by Lory Fabbi

Serves 2-3

Serve with Ensalada Mexico (following).

½ red bell pepper sliced in ¼” wide long strips

½ green bell pepper sliced in ¼” wide long strips

½ small white or yellow onion thinly sliced

½ cup cooked Kashi pilaf (whole grains) or brown rice

2 Tbl. Roasted green chilies diced

15 fresh cilantro leaves, rolled between fingers to crush

½ avocado sliced

Salsa Verde-I use Herdez brand (No vinegar)

Dash of Braggs liquid aminos if desired

2-3 Sprouted wheat tortillas or fresh homemade spelt tortillas OR use large lettuce leaf in place of tortillas

Saute peppers in a small non-stick pan wiped sparingly with oil, or grill on a Foreman type grill, 3-4 minutes until tender but still crunchy. Cook onion slices the same way until translucent. Warm tortilla in pan, remove and fill with peppers and onions. Top with cilantro, lime juice, avocado, rice or Kashi, and salsa verde.

Ensalada Mexico

Donated by Lory Fabbi

Serves 2-3

The perfect compliment to Wild Fajita Verde. Or, to make it a main course on its own, serve with homemade tortilla chips and a dip made of refried beans, salsa, lime juice, and chopped onion, thinned slightly with water.

½ sliced red onion

1 chopped bell pepper

½ cup chopped jicama

2-3 radishes sliced

1 chopped ripe tomato

½ avocado chopped

½ cup black or kidney beans (optional)

Salsa

Mix all but the last ingredient together, and top with your favorite fresh salsa (no vinegar).

Variation: Mix 1-2 T Veganise with salsa in food processor or blender for a creamier dressing. Or, to boost the spiciness, add ¼ jalapeno, peeled, seeded and chopped. (Warning: Wash hands immediately after handling jalapeno to remove hot pepper oil, which can otherwise really sting.)

pH Pizza Delight

Donated by David Martini

Serves 1-2

So fast, tasty and alkaline, you can enjoy this anytime.

1 Sprouted wheat tortilla (large burrito size)

Hummus

Bell Pepper in assorted colors

Fresh cucumbers

Fresh Spinach

Tofu

Sun dried tomatoes packed in olive oil

Spice Hunter Seasoning of your choice

Spread the hummus evenly on the tortilla. Cut the toppings into slices. (Roll spinach leaves up.) Place veggies on the hummus in whatever design or pattern you like.

Sprinkle with your favorite

Spice Hunter seasoning. Slice into wedges and enjoy!

China Moon Vegetable Pasta With Coconut Lotus Sauce

Serves 6-8

Donated by Lisa El-Kerdi

BEST IN SHOW recipe in The pH Miracle Recipe Contest

This colorful and flavorful dish is highly adaptable. Feel free to add vegetables of choice, modify according to season, and adjust quantities to suit the number of friends you are serving.

1 large or 2 small spaghetti squash
1 bunch scallions, cut in 2" diagonals
1 carrot, thinly sliced
1 – 2 Cups Broccoli Florets
½ lb. Asparagus, cut in 2" diagonals
1 red bell pepper, sliced
2 yellow squash, sliced
1 zucchini, sliced
4-6 tiny bok choy, leaves separated, or ½ stalk large bok choy, sliced
½ lb. Snow peas
1-1½ c coconut lotus sauce (recipe follows)
shredded unsweetened coconut
black sesame seeds

Cover lower oven rack with aluminum foil to catch any drippings. Preheat oven to hot. Make a one inch slit in top of spaghetti squash. Bake on upper oven rack for 30-40 minutes, until squash gives to gentle pressure but is not mushy. Bring water to a boil in bottom of large pot with steamer tray, then reduce to simmer. Place vegetables in steamer starting with scallions and carrots and continuing in order listed above. Cover and steam gently for 3-5 minutes, then turn off heat. The stored heat will continue to cook the vegetables. Be careful not to let them get overdone! Cut squash in half and scoop seeds out of center. Run fork lengthwise along the inside of the squash to form "spaghetti", and scoop gently onto plates or into shallow bowls. When veggies are done, remove steamer tray from pot. (Save broth for a soup base!) Return vegetables to pot and toss gently with desired amount of sauce, and spoon on top of squash. Garnish with coconut and sesame seeds.

Coconut Lotus Sauce

Besides making China Moon vegetable pasta, you can use this versatile sauce on a stir fry or as a dressing or dip.

2" piece of ginger root, peeled and sliced
2 large cloves garlic
½ tsp. crushed red pepper flakes (adjust to desired heat)
½ cup Bragg's Liquid Aminos (or more to taste)
2 Tbs. toasted Sesame Oil
2 T flaxseed oil
¼ cup water, carrot juice, or vegetable broth (optional)
Real Salt to taste

Unsweetened coconut milk (I prefer Thai Kitchen)

Blend first three ingredients in food processor or Vita Mix. Add Bragg's and blend until smooth. Pour into jar, add oils and coconut milk, and water and shake. Thin with water, carrot juice or vegetable broth if desired. Store in refrigerator.

Variations: for Thai lotus sauce, add juice of one lime, 2 T fresh or 1 t dried lemongrass, 1 T fresh or ½ t dried basil and chopped fresh cilantro if desired.

For basic lotus sauce, omit coconut milk and increase flaxseed oil to ¼-1/3 c.

For lotus dressing, to ½ c basic lotus sauce add ¼ c lime juice, 1 ½ c flaxseed or untoasted sesame oil, ½ carrot (optional) and ½ sweet onion (optional), and blend until smooth.

For Indonesian Dipping Sauce, to ¾ c. basic lotus sauce add 1 c almond butter, ¼ t crushed red pepper (or to taste), and ½-1 c unsweetened coconut milk to reach desired consistency.

NORTH AFRICAN BEAN STEW

Serves 4-6

Donated by Lisa El-Kerdi

BEST IN SHOW in the pH Miracle Recipe Contest held by the InnerLight Foundation, July 2003.

This rich and exotic stew is sure to spice up any gathering. Serve with Moroccan Mint Salad (following). This recipe would be good to raise blood sugars.

1 ½ cups uncooked 7 bean and barley mix (or any mix of dried beans), soaked overnight, rinsed, and drained

1 bay leaf

1/8 tsp. cinnamon

4 cloves garlic

2 onions, quartered

4 carrots, cut into chunks

4 stalks celery, cut into chunks

1 large or 2 small eggplant

Real Salt

1 red bell pepper

1 yellow bell pepper

½ tsp. turmeric

1 tsp. coriander

1 tsp. cumin

½ tsp. cardamom

1/8 tsp. black pepper

1/8 tsp. cayenne

3-4 cloves garlic, pressed

2 or 3 yellow squash

2 or 3 zucchini

4 chopped tomatoes or 1 box Pomi chopped tomatoes

1 tsp. real salt

Olive Oil

Cover beans with 2 ½" water in large pot and add bay leaf and cinnamon. Bring to boil and skim off foam. Reduce to low heat and simmer, covered, for 30 minutes. Chop garlic, onions, carrots, and celery in food processor. Add to beans after 30 minutes cooking. Simmer until beans are cooked, 1 – 1 ½ hour. Cube and generously salt eggplant. Let sit ½ - 1 hour. Chop peppers. Rinse eggplant and squeeze out juices. While eggplant is salting, sauté spices in olive oil. Add to beans. Add eggplant and peppers. Simmer ½ hour. Cut squashes in half lengthwise and slice. Add to stew. Simmer 10 minutes. Add tomatoes and salt to stew. Simmer 10 minutes. Adjust salt to taste. Ladle into deep bowls and top each serving with 1 Tbs. Olive Oil (or to taste).

Spicy Kale Slaw

Serves 4

Donated by Deborah Johnson

2nd place for Alkarian recipes, in The pH Miracle Recipe Contest, held by the InnerLight Foundation

1- ripe seeded peeled avocado

2- cup peeled cubed Jicama

1 – lime, juice from

1 – Scoop Soy Sprouts powder

1 – Tablespoon UDO's Choice Oil

½ - teaspoon Real Salt or to taste Place all of the above in a food processor or Vita Mix and blend until smooth, stop machine.

While above ingredients are still in processing bowl, add the following in order given:

1-carrot, washed and cut into 1 inch pieces

* Kale spine cut into 1 inch pieces

1 to ½ - Jalapeno pepper, depending on how hot you like your food.

1- tomatillo, peeled and quartered

½ - teaspoon mustard seeds

3 leaves Kale *(remove spine and cut into 1 inch pieces, add with carrot layer)

tear leaf portion into large pieces.

Process, just until all ingredients are chopped to desired consistency. If using a processor pulse and scrape bowl. If using a Vita Mix use tamping tool, do not over process. This is a good lunch for one or a great side dish for two.

Fantastic Kale

Serves 4

Donated by Wendy J. Pauluk

Kale is a calcium rich chewy dark green leafy vegetable. It is good juiced or in the raw salad below.

1 bunch Kale

¼ cup Olive Oil

1 small Red Onion

1 Red Bell Pepper

Juice of 1 lemon

The Zip seasoning

Tear Kale into bite-sized pieces. Do not use center stem. Slice red onion and red bell pepper into thin strips and add to kale. Add olive oil and toss. (You may add more or less depending on size) refrigerate overnight in covered bowl. Add juice of 1 lemon and Zip seasoning to taste before serving .

Super Stuffed Tomatoes

Serves 2-4

Donated by Frances Fujii

This beautifully presented recipe would help raise blood sugar levels.

6 medium-sized tomatoes

1 cup (dry) black beans

2 pkg. firm tofu

2 lb. Swiss chard, coarsely chopped (may substitute kale, spinach, beet greens or other preferred leafy green vegetable)
2 cups (uncooked) wild rice (or use ½ brown and ½ wild rice)
4 cloves garlic diced
1 medium onion diced
Bragg's liquid Aminos
Vegetable seasoning salt (I like Herbamare)
Macadamia Oil
Udo's Choice Oil or Olive Oil

Soak black beans overnight. Put in medium sized pot, add 2" water, bring to a boil. Simmer of 1 hour or until tender. Can use whole or slightly mashed. Season with seasoning salt and set aside. Cook wild/brown rice, Set aside. Lightly sauté onions and garlic and Macadamiz Oil. Add greens and small amount of water and steam-fry until just tender, about 5 minutes. Season with bragg's Liquid Aminos and set aside. Lightly sauté tofu in same pan and add seasoning slat to taste. Scoop out tomatoes. Dice scooped out sections and set aside. Bake hollowed-out tomatoes at 300 for 5-10 minutes to warm. (Do not over-bake or the tomatoes will get too soft). On individual serving plates, create a bottom "ring" of wild rice, with a second ring of seasoned black beans on top of it. Place a hollowed tomato in the center of the double-decker ring. Sprinkle tofu cubes around on top of the beans/rice at the base of the tomato and stuff the tomato with greens (spill greens to overflow the top of the tomato if desired). Sprinkle the raw diced tomatoes on top of the greens, drizzle a little Udo's Choice or Olive oil and serve. Note: If you like garlic, you can mix in roasted garlic to the warm cooked brown rice before serving.

Robio's Burrito

Serves 1

Donated by Robio

This burrito would make a great meal anytime... even for breakfast. It would also help to raise low blood sugars. You can add or subtract and cut/slice/dice the items listed below to your own specifications. This recipe is so versatile, and you can add your own spin on it every time to make it delicious and entertaining.

1 sprouted wheat , spelt, or grain tortilla

organic refried beans

1 avocado

Herdez Salsa (hot, medium, or mild)

Lettuce

Tomato

Green Pepper

Jalepenos

Onions

California white Bazmati Rice seasoned with Spanish spices (optional)

Place the refried beans directly down the middle of the tortilla, then add the other toppings as you like. Fold like a taco or roll up like a burrito.

Energizer-Alkalizer Breakfast

Serves 2

Donated by Susan Lee Traft

This breakfast keeps you going strong and feeling awesome for several hours.

¼ cup chopped Red Pepper

¼ cup chopped Onion
1 clove of minced Garlic
About 2 cups of mixed veggies
(such as Swiss Chard, Broccoli, Green Beans, Pea Pods, Zucchini, few slices of carrot.
etc.)

1 to 3 TB of golden flax seeds (ground in coffee grinder.. tastes like bread crumbs)

1 TB. of Udo's choice Blend Oil

Bragg's Liquid Aminos to taste

Bring water to a simmer under steamer basket in pot. Add Red Pepper, Onion, Garlic and mixed veggies all at once into steamer basket and cover. Lightly steam (no more than 5 minutes). Immediately remove veggies from heat and put into salad bowl. Add Oil, ground Flax Seed and Braggs. Mix well.

Coconut Curry Salmon Chowder

Serves 4

This is a sweet rich dish that would help to raise blood sugar levels

1 lb. Fresh Salmon

1 tsp. Real Salt

1-2 tsp. Garlic Herb Bread Seasoning (Spice Hunter)

1 yellow onion

8 stalks celery

6 carrots

2 cans coconut milk (I use Thai brand)

½ tsp. Thai Green Curry Paste (I use Thai brand)

1-2 pkg. powdered Stevia (I use the Stevia with fiber) (if using straight Stevia, then use much less)

1 cup fresh coconut

½ tsp. vanilla (I use Frontier brand with no alcohol)

1 cup fresh peas from the pod (optional)

1 cup fresh Spinach (optional)

Sprinkle fish with some Real Salt and Garlic Herb Bread Seasoning and steam fry or use some grape seed oil and fry until cooked through but still moist. Cut into small bite size pieces and set aside. Cut the onion, carrots, and celery into bit size chunks, and put into a soup pot and steam until bright and chewy. (do not over cook). Add the coconut milk, green curry paste, vanilla, and stevia and stir to mix. Add Salmon. Take 1/3 of the whole ingredients and puree in blender and then return to the soup for a thick colorful base. Add fresh peas from the pod and/or fresh spinach towards the end if you like, and warm before serving.

Steamed Fish and Greens Serves 4

1 lb. Fresh Salmon, Trout, or Red Snapper filet with skin on

1 TB fresh ginger cut in thin slices or grated

1 cup yellow chives

½ cup green chives

½ cup cilantro

4 cups fresh Kale

2 TB. Braggs Aminos

½ - 1 cup fresh coconut water (sweet) taken from a fresh coconut (I use a clean screwdriver and a hammer to make two holes into the top of a coconut and pour the water out into a measuring cup. Then I break open the coconut with the hammer and a sharp meat cleaver to get to the fresh coconut meat.)

Real Salt to taste

In a non stick fry pan lay fish, skin side down, and steam fry with the lid on until the fish is cooked through but also moist. Half way through, take the lid off and sprinkle the fish with Real Salt and Garlic Herb Bread Seasoning (Spice Hunter). When the fish is done, take out on a plate and set aside. Take the skin off the fish and discard but leave any oils from the fish in the pan. Place the thinly sliced ginger in the oiled pan and cook until the ginger is browned. Add all other ingredients except cilantro and steam in the pan with the lid on until bright green and softened. Add the fish and the cilantro back in and steam one or two more minutes before serving.

Veggie Tofu Loaf

Serves 6

This is wonderfully colorful and nutritious way to enjoy Tofu at any meal or even snack time. It's great steaming hot from the oven or sliced cold or broken up over a salad.

Use the firmest Tofu type for best holding results. I use Nigari brand Extra Firm. For a binder, I use Mauk Family Farms Wheat Free Crusts, a blend of gold and brown flax seeds, sesame seeds and sunflower seeds, with garlic, onion, celery seed, red bell pepper, parsley, sea salt and pepper, dehydrated at 105 degrees, and process them in my food processor until they are a powder consistency. The flax, sunflower, and sesame seeds add extra flavor and healthy fats.

1 lb. Firm or Extra Firm Tofu

½ to 1 tsp. Real salt (or to taste)

5 tsp. Mexican Seasonings (Spice Hunter)

2 tsp. Vegetable Rub (Spice Hunter)

4 tsp. Sun Dried Tomatoes minced (Melissa Brand packed in Olive Oil)

½ Red Bell Pepper diced

2 TB. diced celery

2 TB. diced soaked almonds

2 TB. Raw Wheat Free Crusts, ground to powder (Mauk Family Farms)

Use the food processor to dice all ingredients that need dicing. Then place all ingredients in food processor and pulse chop until well mixed. Place on a grape seed oiled pan and mold into a loaf or two smaller loafs, about 2 inches in height. Brush some Grape seed oil over the top of the loaf and sprinkle The Zip over the top. Bake at 400 for 20-30 minutes or until lightly browned on top. Serve warm or let it chill over night. Slice and serve cold.

Variation 1: **Garlic Veggie Tofu Loaf.**

1 lb. Extra Firm Nigari Tofu

½ tsp. to 1 tsp. Real Salt

2-4 roasted cloves of garlic

2 TB. Dehydrated Veggie Granules

4 tsp. diced celery

4 tsp. diced red bell pepper

2 TBS. ground Raw Wheat Free Crusts

Sprinkle Garlic Herb Bread Seasoning over the top

Variation 2: **Buckwheat Veggie Tofu Loaf**

The binder for this variation is raw buckwheat flour. Grind raw buckwheat in your blender or grinder to make this flour fresh

1 lb. Extra firm Tofu
6 tsp. Veggie seasoning (spice Hunter)
6 tsp diced celery
3 tsp red bell pepper
3 tsp. diced sun dried tomato
5 tsp. Garlic Herb bread seasoning
½ to 1 tsp. real salt
3 tsp raw Buckwheat ground to flour
Top the loaf with 2 tsp. ground Raw wheat free crusts (reference above).

Variation 3: **Basil Veggie Tofu Loaf**

1 lb. Extra Firm Nigari Tofu
½ to 1 tsp. Real Salt
4 tsp. diced celery
4 tsp. diced red bell pepper
2 TBS. vegetable seasonings (Spice Hunter)
4 tsp. ground flax seeds
4 tsp. ground soaked almonds
6-8 tsp. fresh diced Basil
Sprinkle Garlic Herb Bread Seasoning on Top.

Variation 4: **Quinoa Veggie Tofu Loaf**

1 lb. Extra firm Nigari Tofu
1 TB. of Pesto Seasoning (Spice Hunter)
2 TBS. diced celery
2 TBS. diced red bell pepper
4 tsp. minced sun dried tomato (packed in Olive Oil)
1 heaping TB of Quinoa ground flour (grind in your blender)
Oil and place dehydrated veggie granules on top (the Spice House)

Can't Get Enough Eggplant

Serves 1-2

Recipe donated by Myra Marvez

1 eggplant

olive oil

celtic salt

Finely chopped onion, size chosen according to taste and size of eggplant(s).

Roast eggplant on open fire till it is mostly cooked. Cool and Peel all burned skin off. Chop eggplant into small pieces. Finely mince the onion. Place eggplant in bowl, add onion, olive oil, salt, and mix well.

Cherry Tomatoes AvoRado Style Serves 2-4

This is a great appetizer or hors d'oeuvre, or it could be served as a salad course.

1 pint cherry tomatoes

Juice from 1/2 lime

1 Avocado

!/2 tsp. dried onion

1 TB. minced cilantro

1/8 tsp. Zip seasoning (Spice Hunter) (use more if you like extra spicy)

1/8 tsp. Real Salt

dehydrated vegetable granules (Make your own or buy them)

Slice tomato tops off and use a melon ball spoon to scoop out seeds and pulp of tomatoes. Drain on paper towels upside down. In food processor with an S blade add remaining ingredients and pulse chop into a well mixed chunky consistency. Fill tomato shells with mixture and sprinkle dehydrated veggie granules on top. Serve chilled.

Doc Broc Stalks - Coyote Style

The good news is that when Dr. Young first tried this dish, he thought he was eating fried potatoes! I love it when I can fake him out! The even better news is that this taste treat is actually made of broccoli. Even my 15 year old Alex (our perpetual transitional boy) always asks for seconds and thirds of these.

6 long broccoli stalks peeled and sliced thin about 1/8 of an inch.

1 yellow onion sliced thin and chopped

2 TB grapeseed oil

½ to 1 cup Creamy Tomato Soup (see recipe below)

1-2 tsp. Garlic Herb Bread Seasoning (Spice Hunter)

1-2 tsp. Seafood Grill & Broil Seasoning (Spice Hunter)

1-2 tsp. Mesquite Seasoning (Spice Hunter)

½ tsp. ground yellow mustard

1-3 tsp. Soy Parmesean (alternative) cheese (dairy free) I use Soymage Vegan Parmesan

Place sliced onion and sliced broccoli stalks pieces in a non stick fry pan together and steam fry for few minutes until onions and broccoli heat up and steam so they slip and slide around the pan. Add the Grape seed oil and stir veggies on high heat while they brown and become somewhat roasted. Once they are evenly fry roasted, turn down the heat to low and add ½ cup of the creamy tomato Soup (more or less depending on how much sauce you want in with your stalks, you can always add the other ½ later). Then sprinkle in seasonings to coat the stalks and onions. Stir well to distribute all the seasonings evenly. Last sprinkle in the amount of desired Soy Parmesean and stir once more to mix well.

Creamy Tomato Soup

Serves 2

Donated by Gladys Stenen

4 Roma Tomatoes (or equivalent)

2 green onion tips (about 1 inch of white/light green part)

¼ green pepper

1 cup vegetable broth

1 avocado or ¼ soft tofu package

1 tsp. sea salt

pepper to taste

Liqefy in blender. Heat just to warm.

Doc Broc Brunch

Serves 6

This is a hearty Deep Green dish that has plenty of crunch with the broccoli stalks and soaked almonds added. Perfect for a brunch or side dish.

1 yellow onion
2 cloves fresh garlic
3 large heads of Broccoli
1 lb. of young green string beans
1 small bowl of soaked almonds
Grapeseed or Olive Oil
Real Salt to taste

Trim and peel Broccoli stalks. Then cut Broccoli into bite size pieces. Trim and break green beans into bite size pieces. Lightly steam Broccoli and Green Beans until bright green. In a food processor, pulse chop the onion and garlic until fine, set aside. Put soaked almonds into the food processor with an S blade and pulse chop into almond slivers. In an Electric Fry Pan, Place oil and add onion/garlic mixture and sauté for a few minutes. Add steamed Broccoli/green beans and stir fry to mix in with the onions and garlic. Add slivered soaked almonds and continue to mix well. Put lid on electric fry pan and continue to steam for a few minutes longer if softer veggies are desired. Add real Salt to taste.

Doc Broc Casserole

Serves 4-6

1 pkg. Smart Ground by LiteLife (soy protein substitute)
Florets from 2 large bunches of Broccoli (save leaves and stocks out, peel and clean stocks)
1 small bunch of fresh Basil or Tarragon stemmed and minced
1 cup soft Tofu
1 tsp. ground mustard seed
2/3 cup Olive Oil
1-2 cups roasted or soaked and re-dehydrated almonds for topping
Real Salt and Spice Hunter's The Zip to taste.

Steam Broccoli with a little water in a covered pan for about 4-5 minutes until Broccoli is bright green and just crisp/tender. In a food processor, process the broccoli leaves and stocks until very fine(scrape down sides if necessary). Then add the soft Tofu, mustard, basil, into the food processor with the fine broccoli mixture and process. With the processor running, slowly add the Olive Oil until mixture is well emulsified and creamy. In a large Electric Fry Pan, heat a small amount of Oil and add the Soy Smart Ground, crumble it up and fry it for a couple of minutes, then add the steamed broccoli and pour the creamy sauce from the processor over the top and stir in well. Use roasted slivered or dehydrated almonds and cut them up into small bits in the food processor for extra crunch...Then sprinkle over the top of the broccoli mixture and serve.Or return the lid to the fry pan and steam the mixture a bit to soften the almonds and broccoli more. Add Real Salt and The Zip to taste.

Mary Jane's Super Simple Spagetti. Serves 2.

donated by Mary Jane Medlock
1 medium spaghetti squash
2 medium ripe vine tomatoes chopped
Juice of one small lemon
1 - 2 cloves of fresh garlic minced or chopped
2 - 3 Tbs. of olive oil

Fresh ground pepper
1/4 teaspoon of oregano

Cut spaghetti squash in half (clean out seeds). In a baking dish put spaghetti squash (facing down) in a 375 degree oven. Bake for approximately 45 minutes or until done. Let cool for about 5 minutes. Using fork, scoop out the spaghetti squash into a bowl. Add the remaining ingredients and toss. Eat warm or cold.

SNACKS/DESSERTS

These are the healthiest ways to enjoy a dessert or snack that won't contribute to high acidity. These recipes will help when blood sugar levels drop too low.

Onion-Flax Crackers

serves 6-8

Donated by Roxy Boelz

3rd place, The pH Miracle Recipe Contest

2 cups sprouted sunflower seeds

1 cup chopped onion

½ cup fresh lemon juice or grapefruit juice (not sweet)

1 garlic clove

¼ cup golden flaxseed

2 Tbs. raw almond butter or tahini

Real salt to taste

¼ cup fennel seeds or sesame seeds or caraway seeds

½ cup filtered water

Puree all ingredients in food processor. Pour onto teflex sheets for dehydrator. Dehydrate at 105-110 degrees for 12 hours or to the desired crispness. Periodically score the batter as it dehydrates so you can separate more easily into crackers when done.

Halva Coconut Freezer Balls

Donated by Debra Jenkins

1st place transitional recipes, in The pH Miracle Recipe Contest

3 Tbs. Raw Tahini

1 Tbs. vanilla

1 Tbs. Garden of Life coconut butter (melted)

3 Tbs. fresh grated coconut

1/8 tsp. stevia

2 Tbs. spelt flour

Melt coconut butter and mix all ingredients together. Drop teaspoons full onto a small cookie sheet or plate. Freeze for 15-20 minutes. Transfer to a freezer bag or container and eat as a luscious, quick dessert right from the freezer or fridge.

Variation: Use 3 Tbs. Almond butter in place of Tahini.

Coconut Macadamia Nut Cookies

Donated by Debra Jenkins

1st place transitional recipes, The pH Miracle Recipe Contest

½ cup fresh ground spelt flour (from spelt flakes) (I use my old coffee grinder)

½ cup fresh grated coconut

¼ cup chopped macadamia nuts

4 Tbs. Garden of Life Coconut butter (melted)

Egg substitute (equivalent to 2 eggs)

½ tsp. Real Salt

¼ tsp. Nutmeg

½ tsp Cardamom

1 ½ Tbs. Non-alcoholic Frontier Vanilla

1 tsp. Cinnamon

Stevia to taste. I use 2-3 packets or ¼ tsp. Stevia powder.

Mix dry ingredients together. Melt coconut butter and mix with water and vanilla.

Pour liquid ingredients over dry ingredients and mix well. Drop onto cookie sheets and press very flat. Bake at 350 degrees for 15-20 minutes. Cool completely.

Egg substitute 1 (equivalent to about 1 egg)

1/3 cup water

1 Tbs. Flaxseeds

Gentle boil in a saucepan for about 5 minutes. Look for the consistency of a raw egg white. Do NOT use high heat or mixture will gel. It is not necessary to strain.

Pumpkin Cream Pie

Donated by Debra Jenkins

1st place transitional recipes, in The pH Miracle Recipe Contest

Serves 6-8

1 pkg. Silken Tofu (12 oz)

2 cups fresh pureed pumpkin (or yams)

2 tsp. Frontier Alcohol free vanilla

2 tsp. cinnamon

¼ tsp. Real Salt

¾ tsp. Nutmeg

¼ tsp. cloves

½ tsp. ginger

¼ tsp. White Stevia Powder (or 2-3 packets Stevia powder)

3 Tbs. Psyllium (Agar Powder or flakes can be substituted for psyllium, as well)

Mix tofu, pumpkin, vanilla, cinnamon, salt, nutmeg, cloves, ginger and stevia powder

together in a food processor till smooth and creamy. (add more spices or stevia if you like, or use less spices for a milder pie). Lastly, add psyllium and blend. Scoop into prepared Almond Crust and chill for at least an hour. Top with Nutty Crème Topping or Tofu Whip Cream.

Almond Nut Pie Crust

Donated by Debra Jenkins

winner of best transitional recipes, for The pH Miracle Recipe Contest

½ cup fresh Spelt Flakes ground into flour (I use my old coffee grinder)

½ cup ground almonds

¼ cup fresh ground Flax meal

1 Tbs. Arrowroot Powder
½ tsp. Ground Cinnamon
1/8 tsp. Ground Cloves
1 packet Stevia Powder
1 tsp. Frontier Alcohol Free Vanilla
2 Tbs. Garden of Life Coconut Oil (melted)
2 Tbs. water

Combine dry ingredients in a mixing bowl. Combine the water, oil and vanilla and pour over dry ingredients. Mix Well. Transfer mixture to a 9" pie plate. Press mixture firmly into place with your fingers, making sure to cover bottom and sides of pie plate. For an unfilled pie crust, bake empty pie shell at 350 degrees for 18-20 minutes or until lightly brown. Cool and fill with pie filling. For a filled pie crust, first bake the empty crust for 10 minutes, then fill and finish baking pie per recipe.

Variation: replace flax meal with ground coconut

Avocado Coconut Key Lime Pie

Donated by Debra Jenkins

1st place in Transitional recipes, in The pH Miracle Recipe Contest

8 oz Silken Tofu

½ cup fresh lime juice

1 tsp. Frontier Non-Alcoholic Vanilla

2 Tbs. fresh grated coconut

1/8 tsp. Real Salt

1 small or ½ medium avocado

1/8 tsp. Powdered White Stevia

1/8 tsp. Lime Peel, grated

3 Tbs. Psyllium Flakes (or agar flakes)

Add all ingredients (except the psyllium flakes and lime peel) to a food processor or blender and mix till smooth and creamy. Add more stevia to taste. Fold in psyllium flakes and lime peel. Spoon into already prepared Almond Nut Pie Crust. Sprinkle coconut and chopped walnuts or pecans over top as garnish and chill in refrigerator for 1-2 hours.

Variation: Reduce psyllium husk powder to 1 T, and add 6 Tbs. Coconut milk.

Red Pepper Dessert Boats

Serves 4-6

Donated by Eric Prouty

2nd place in alkalarian recipes, in The pH Miracle Recipe Contest

1-1/2 cups Soaked Sunflower Seeds

1 Tbs. Pumpkin Seed Oil

1 tsp. Cinnamon

7 drops liquid Stevia mixed with 1 tsp. Water

2 Red Bell Peppers

Use Green Star/ Green Life or Champion Juicer with plug attachment for nut butters to process sunflower seeds. Mix in oil, cinnamon, and stevia and water. Slice red Bell Peppers in half vertically, core, and slice in slices (top to bottom, 1/2" – 1" wide).

Spread slices with sunflower seed mixture.

Holiday Almonds

Serves 2-4

Donated by JoAnn Efeney

1 cup water

½ cup almonds

1/8 tsp. ground cloves

1/8 tsp. ground ginger

1/8 tsp. ground nutmeg

1/8 tsp. ground cinnamon

Put almonds into the water and add the spices. Let mixture set overnight, stir and enjoy.

Variation: after almonds soak in the spices, drain and dehydrate. You'll get a nice extra crunchy snack with a hint of spicy-ness.

Deliciously Dill Petaled cucumbers

2 English cucumbers

1 tsp. Deliciously Dill seasoning (Spice Hunter)

Juice of 1 large lime

A small amount of water if needed

Real Salt to taste

Run fork prongs along the cucumber to create a petaled look, then slice it. Place sliced cucumber in shallow bowl with juice and Dill seasoning and Real Salt. Marinate in the fridge for at least half an hour. Serve chilled.

Veggie Crispy Crackers with Soy Sprouts Powder

These are great for a crunchy cracker snack, or broken up and sprinkled over a salad like croutons. They would be a healthy way to raise blood sugar levels.

3 carrots

1 small carton of cherry or grape tomatoes

3 sun dried tomatoes packed in olive oil

1 tsp. piece of fresh ginger

3 stalks of celery

2 tomatillos

1/3 yam, peeled

1 yellow neck squash

1/3 cup fresh mixed herbs, such as rosemary, oregano, Tarragon, thyme, Cilantro, parsley, and Basil

½ cup sprouted buckwheat (I use a two day sprout) (Soak raw buckwheat for at least 6 hours, and rinse for two days)

1/3 cup flax seeds (you don't have to soak them)

1-2 heaping TBS. of soy sprouts powder

Put first nine ingredients into your food processor and pulse chop until all veggies are mixed well, moist, and diced OR place all nine ingredients through the Green Power juicer with the blank attachment and put moist pulp into a mixing bowl. Add the sprouted buckwheat, flax seeds, and Super Soy Powder and mix well. Pour mixture out onto the plastic sheet lined trays for the dehydrator and pat or spatula the mixture out into a large square or rectangle. Dehydrate for 4-5 hours at 90-95 degrees, and then cut into smaller squares (3x3 inches) and transfer to the mesh lined trays for continued drying

until crisp (about 4 hours more). Or, let the mixture dry through the night and break the finished pieces up into small pieces in the morning..... If done right, these can last up to a month in an air tight container, though I'm sure they will be eaten up long before that!

Bird Nest Crackers

These are fun to place on the top of a bowl of soup right before you serve it. I form these crackers into little nest shapes and put some fresh peas from the pod in them for hors d'oeuvres. Plain, these crackers travel well. Being dehydrated, they are concentrated nutrition, so they would be good to help raise blood sugar levels.

2 yellow crook neck squash, shredded

2 zucchini, shredded

½ tsp. Real Salt

½ tsp Chef's all purpose shake (Spice Hunter) or seasoning of choice

2 tsp. Vegetable Seasoning (Spice Hunter) or seasoning of choice

Clean squash and zucchini, taking care to cut any scars off of the skin. Shred in food processor and combine with spices. Spoon out onto Teflon sheets. You can make them more lacey by loosely placing the mixture on the sheet in a small circle which will dry like a lacey cracker with holes showing, or you can pack the mixture tightly and form little nests to create a denser cracker nest. Dehydrate overnight to 24 hours and store in an air tight container.

Variation: Experiment with added veggies, seeds or nuts like soaked almonds, sunflower seeds, sweet peas, shredded carrots, jalapenos, and flax seeds. You can also use your own favorite seasonings to get the flavors you like best.

Edamame Beans

Put the whole pod into your mouth, bite down and slide out the beans for a yummy snack or side dish.

1 package frozen edamames (soy beans)

Oil

Real Salt

Seasoning of your choice

Boil the edamames as per the directions on the package. Strain then dash a few squirts of Olive Oil, or other healthy oil and some real salt or favorite Spice Hunter Seasonings over the edamame pods. We like Vegetable Rub or Garlic Herb Bread Seasoning by Spice Hunter. Good served warm or cold.

Sprouted Buckwheat Flatties

Serves 6

These are thin and crust like in texture. They are marvelous as a raw (low heat dehydrated) pizza crust. You can dry them big in large rounds or break them up and use them as crackers or sandwich pieces. Experiment with this basic recipe and come up with versions of your own! You will need a good dehydrator and a food processor and also sprouting equipment. The preparation for these flatties may seem like a lot of time and work, but once you get the hang of it, it will surely be worth it! I triple and quadruple this recipe to fill my entire Excalibur (nine trays) with flatties. These flatties will stay fresh in a zip lock bag or Tupperware for as long as a month. Great for hiking and camping

trips, biking, or on a long flight. Our grandson CharLee is cutting his first teeth on these alkaline crackers!

3 cups Sprouted Buckwheat (I use a two day sprout: soak raw buckwheat for 6-8 hours and rinse for two

days)

1/3 cup Essential Balance Oil (Omega Nutrition or Arrowhead Mills)

2 tsps. Garlic Herb Bread Seasonings (Spice Hunter)

2 tsp. Real Salt

1 tsp. All Purpose Chef's Shake (Spice Hunter)

1 and 1/3 cup carrot (or raw yam, squash or zucchini pulp, or a mixture of those!)

2-3 sun dried tomatoes (optional)

1/3 to 2/3 cup flax seeds (you don't have to soak)

¼ to 1/3 cup water (optional)

Pulse chop veggie pulp, oil, salt, and seasonings in a food processor to mix well. Then add remaining ingredients and continue to process until you get a thick batter that is quite smooth. (You could also stop mixing earlier if you would prefer a coarse batter with more whole buckwheat sprouts.) While the food processor is running, you can add the water if you feel the batter needs to be thinned some to make spreading easier.

Pour or scoop mixture out onto plastic lined trays for dehydration. Use a spatula to help spread out the batter so your flattie is ¼ to ½ inch thick. Then dehydrate at 90-100 degrees overnight or 7-8 hours. Carefully lift the flatties and transfer them to a mesh lined tray and continue dehydrating until totally crisp and dry.

Variation: Experiment with other seasonings in place of the Chef's Shake, like 1 TB. Soy Sprouts powder, 1 tsp. Green powder, Italian Pizza Seasoning, 2 TBS fresh basil, or whatever you like best.

Super Soy Pudding

Serves 2

This is a great way to have a delicious snack while staying alkaline. We even eat this wonderful pudding for breakfast or in place of one of the soups on the cleanse. It is high in good fats, vitamin E, Calcium, and Potassium with the almond milk and avocado, and high in good proteins from the Super Soy Powder.

1 C. Fresh Silky Almond Milk or coconut milk.

1 Avocado

1 lime

2 scoops sprouted Soy Powder

1 pkg. Stevia

6-8 Ice cubes

Put all ingredients in a blender and blend on high until rich and smooth and pudding like.

Variations:

Coconut Super Soy Pudding: Use the coconut milk, and add 2 TB. of unsweetened dried coconut granules to the mix. Sprinkle some coconut over the top before serving.

Lemon Super Soy Pudding: Use lemon instead of lime.

Grapefruit Super Soy Pudding: Use juice from 1/2 grapefruit instead of lime.

Super Green Super Soy Pudding: Add 1/2 scoop of green powder or 1 cup fresh baby spinach.

Ginger Super Soy Pudding: Add a pinch or two of fresh grated ginger

Cinnamon Super Soy Pudding: Add a pinch or two of cinnamon and nutmeg to the mix, and sprinkle more on top.

Nutty Super Soy Pudding: Add chopped raw almonds (or pecans or macadamias, or whatever you like)

Super Soy Pops: Pour your favorite variation into pop molds and freeze. Or use small paper cups or ice cube trays, with pop sticks or toothpicks added when partially frozen.

Super Soy Slushy: Freeze your favorite variation in ice cube trays, thaw slightly, and chop up.